

THE BARNESLEY BRITISH CO-OP SOCIETY
Model Dairy.

SUMMER LANE
BARNESLEY

MILK

151 Recipes

Issued by

THE NATIONAL MILK PUBLICITY COUNCIL (Inc.)

- 33, GORDON SQUARE, LONDON, W.C. 1 -

Price ONE PENNY

WELLCOME INSTITUTE LIBRARY	
Coll.	welMOMec
Coll.	pam
No.	QT 235
	194 *
	N 27 m

Introduction

Care of Milk in the Home

THERE are three simple rules that every housewife should hang on the wall of her larder, or over the shelf where the milk is kept :—

1. Keep cool.
2. Keep clean.
3. Keep covered.

As soon as the milk comes from the dairy, pour it into a jug that has been scalded in boiling water, rinsed with cold, and allowed to get quite cold. Cover this with a plate—also scalded, rinsed and cooled—and stand in a basin of cold water. Never leave the cover off the jug, and keep the water in the basin cool and fresh. A great deal of hard work is done by farmers and dairymen to see that your milk comes to you perfectly clean—help them and yourself by keeping it perfectly fresh and sweet. The little extra trouble it costs you is well repaid.

How to Drink Milk

Milk is a delicious and satisfying drink, but do not forget that it is a food as well. When you drink milk—and you cannot easily drink too much of it—drink slowly, through a straw, to give the gastric juice plenty of time to deal with it, and eat a couple of biscuits and a piece of bread and butter with your morning glass of milk, or your cup of hot milk at bedtime.

Handy Measures

1 teaspoon	= $\frac{1}{4}$ oz.
1 dessertspoon	= $\frac{1}{2}$ oz.
1 tablespoon	= 1 oz.
1 breakfastcup	= 8 oz.
1 teacup	= 4 oz.
1 breakfastcup	= $\frac{1}{2}$ pt. liquid.
1 teacup	= $\frac{1}{4}$ pt. liquid.



22500456093

||||| Soups |||||

Onion Soup

1 pt. milk ; 1 pt. onion water ; 1 lb. onions ; 1 oz. butter or margarine
1 tablespoonful flour ; salt and pepper.

Cook onions until tender, strain off water and chop onions into small pieces. Add water and milk, bring to the boil. Mix flour with a little cold milk, and boil five minutes. Add fat and seasoning before serving.

Haricot Soup

1 pt. milk ; 1 pt. water ; $\frac{1}{2}$ pt. haricot beans ; 1 onion ; $\frac{1}{2}$ oz. butter, margarine or dripping ; salt and pepper.

Soak beans in cold water overnight, with a pinch of carbonate of soda. Melt fat. Add sliced onion and the drained haricot beans. Cook five minutes with lid on. Add water and simmer two to two-and-a-half hours. Sieve or mash. Add milk, pepper and salt.

Celery Soup

1 pt. milk ; 1 pt. water ; 1 head of celery ; 2 onions ; 1 oz. butter or margarine ; 1 oz. flour ; salt and pepper.

Cut up and cook celery and onions in water until tender. Add the milk, flour-thickening and fat. Cook for five minutes. Add salt and pepper.

Milk Soup

1 pt. milk ; 1 pt. water ; small head of celery ; 1 turnip ; 1 onion ; 1 oz. butter, margarine or dripping ; 3 dessertspoonfuls rice ; salt and pepper ; 1 teaspoonful flour.

Cut up vegetables and fry in the fat for ten minutes. Do not let vegetables brown. Add water and rice, and simmer for one hour. Add milk and flour-thickening, and simmer for five minutes. Add seasoning and serve.

Mixed Vegetable Soup

1 pt. milk ; 1 pt. vegetable water ; 1 oz. butter, margarine or dripping ; salt and pepper ; 2 or 3 turnips, 2 or 3 carrots, 2 or 3 onions, according to size ; 1 oz. flour.

Prepare vegetables and cook until tender. Chop into small pieces. Add the milk, 1 pint of water, in which the vegetables have been cooked, flour, mixed to a paste with a little cold milk, and fat. Cook for five minutes. Add seasoning and serve very hot.

Tomato Soup

1 qt. strained tomatoes (2 lb. tomatoes or 5½d. tin); 1 teaspoon onion juice; ½ teaspoon carbonate soda; 1 qt. scalded milk; 2 tablespoons flour; 2 oz. butter or margarine; salt and pepper.

Melt fat in a saucepan, stir in the flour, add the carbonate of soda, pepper, salt and onion juice. Then slowly add the boiling tomatoes. Add the boiling milk last to prevent curdling. Keep hot but do not boil.

Potato Soup

1 pt. milk; 1 pt. water; 1 lb. potatoes; 2 onions; 1 oz. butter, margarine or dripping; 1 tablespoonful tapioca.

Melt fat in a saucepan, peel and slice the potatoes and onions. Cook gently in fat for ten minutes, covering the saucepan and shaking from time to time. Pour in the water. Cook until vegetables are tender. Rub through a sieve or mash with a spoon. Reheat, add milk and seasoning. Shake in tapioca. Boil for 5 minutes.

Carrot Soup

2 bunches young carrots, or 1, if large (old carrots may be used); 2 oz. butter; a little sugar; salt and pepper; 1 sprig parsley; 2 tablespoonfuls rice; 1 bay leaf; 1 pt. stock; 1 pt. milk; 1 small onion; 1 piece thyme; 1 gill cream or milk.

Cut carrots into small pieces. Put in saucepan with butter, sugar, salt and pepper. Put the lid on and cook for 15 minutes, shaking the pan several times, but do not lift the lid. Add bay leaf, sprig parsley, piece of thyme, onion, milk and stock. Boil gently for 1 hour. Add the 2 tablespoonfuls of rice and cook till tender. Pass all through a sieve. Add 1 gill cream, or 1 gill milk may be used instead, and heat thoroughly.

Marmite Soup

1 pt. milk; 1 teaspoonful Marmite; 1 dessertspoonful flour; ½ oz. butter, margarine or dripping; salt and pepper.

Melt the fat. Add flour and cook together for a few minutes. Add milk, bring to boil. Add Marmite, cook slowly for 5 minutes, season and serve.

Lentil Purée

½ lb. red lentils; 1 carrot; 1 turnip; 1 teaspoon salt; 1 oz. butter; 1 onion; 1 pt. milk; 1 oz. cornflour; 3 pts. cold water or stock; pepper to taste.

Melt butter in saucepan. Add the washed and drained lentils and peeled and sliced vegetables. Fry, stirring constantly for about 5 minutes, then add cold water or stock. Cover and simmer for 1½ hours skimming frequently. Season with pepper and salt, rub through sieve, return to saucepan and bring to boil. Mix milk and cornflour to smooth paste, stir into boiling soup and simmer for 5 minutes.

Fish

Savoury Herrings

3 herrings.

STUFFING: 1 onion; 2 tablespoonfuls breadcrumbs; $\frac{1}{2}$ teaspoonful mixed herbs; $\frac{1}{2}$ teaspoonful vinegar; water to bind; salt and pepper.

MUSTARD SAUCE: $\frac{3}{4}$ pt. milk; $1\frac{1}{2}$ oz. fat; $1\frac{1}{2}$ oz. flour; 1 heaped teaspoonful made mustard; pepper and salt.

Make stuffing. Chop onion well before mixing with other ingredients. Clean and cut herrings in half, removing backbone. Place alternate layers of herring and stuffing in a greased dish. Pour over the mustard sauce. Sprinkle with breadcrumbs and bake in a moderate oven for twenty to thirty minutes.

Make sauce as for boiled fish, adding made mustard.

Fish and Dutch Sauce

1 medium-sized plaice.

DUTCH SAUCE: $\frac{1}{2}$ pt. milk; 1 oz. butter or margarine; 1 oz. flour; 1 yolk of egg; pepper and salt; juice of $\frac{1}{2}$ lemon.

Remove skin from filleted plaice. Season skinned side of fillets with salt, pepper and lemon. Roll towards tail. Put on greased plate and cover with another plate. Steam over pan of water for twenty minutes.

SAUCE.—Make white sauce (see page 25). Add the yolk of egg, lemon juice and seasoning. Place fish on hot dish and coat with sauce. Garnish with parsley.

Haddock Savoury

1 pt. milk; 2 breakfastcupfuls breadcrumbs (or $1\frac{1}{2}$ oz. semolina); 1 oz. margarine or butter; 1 egg; 1 medium-sized smoked haddock; pepper and salt; sprig of parsley.

Cook fish, remove skin and bones and flake into small pieces. Boil the milk, remove from the fire and add the breadcrumbs. Allow to stand for a few minutes. Add the beaten yolk of egg, fish, margarine, pepper and salt. Whisk the white of egg stiffly and fold this into the mixture. Pour into a greased pie-dish and bake in a moderate oven for 10 to 15 minutes. Garnish with parsley, and serve hot. (If semolina is used instead of breadcrumbs, boil the milk, sprinkle in the dry semolina and cook for 5 minutes, stirring all the time.)

Casserole of Fish

$1\frac{1}{2}$ lb. white fish; $\frac{1}{2}$ pt. milk, $\frac{1}{4}$ pt. fish stock (or $\frac{3}{4}$ pt. milk); $1\frac{1}{2}$ oz. flour; $1\frac{1}{2}$ oz. butter or margarine; 2 small onions; 1 lb. tomatoes; pinch mixed herbs; pepper and salt.

Wash, skin and bone the fish. Melt the fat in a casserole and add the chopped onion and flour. Blend these ingredients together, add milk and stock, stirring well all the time. Add herbs and salt and pepper to taste. Boil for 3 minutes. Add the fish in good sized pieces and the skinned tomatoes cut in slices. Put the lid on the casserole and simmer very gently in the oven for 20 minutes. On no account allow the mixture to boil. Serve hot.

Fish Stewed in Milk

1 lb. white fish, cod, hake, skate or halibut ; 1 oz. butter ; 1 oz. flour ;
1 pt. milk ; chopped parsley ; salt and pepper.

Wash fish, sprinkle with salt and pepper, lay it in a large pie-dish and add enough milk to cover. Cover with a plate and cook in a moderate oven for about half an hour. Remove fish and keep hot.

SAUCE : Melt fat in saucepan, add flour and work together with wooden spoon. Add the milk and the liquor from the fish, bring to the boil and cook for 5 minutes, stirring all the time. Add seasoning and chopped parsley. Lay fish on a hot dish and cover with sauce, and serve.

Boiled Hake or Cod and White Sauce

1 lb. fish ; 1 pt. milk, or $\frac{1}{2}$ pt. milk and $\frac{1}{2}$ pt. fish water ; 2 oz. flour ;
chopped parsley ; 2 oz. butter or margarine ; salt and pepper.

Wash fish, cook until tender, about 20 minutes to $\frac{1}{2}$ hour.

SAUCE : Mix flour to a paste, boil milk or milk and fish water, add flour paste and fat. Cook slowly for 5 minutes. Add parsley, also salt and pepper. Pour over fish and serve at once.

Fish Pie

$\frac{1}{2}$ lb. to $\frac{3}{4}$ lb. of left over cooked fish ; cold potatoes ; $\frac{3}{4}$ pt. milk ;
1 oz. flour ; 1 oz. butter or margarine ; 3 oz. grated cheese ; salt and pepper.

Place fish in a greased pie-dish, having removed all bones and skin. Make a sauce with flour, fat and milk. (See page 25). Add grated cheese, salt and pepper. Pour sauce over the fish. Cover with mashed potatoes, and bake in oven until brown.

Baked Cod Steaks au Gratin

3 thick cod steaks ; one-third cup grated cheese ; $1\frac{1}{2}$ cups milk ;
pepper, paprika and salt.

Wipe steaks and dip them in seasoned flour. Shake and place in an oiled fireproof baking dish. Pour the milk round, sprinkle lightly with salt and pepper. Cover, and bake about $\frac{1}{2}$ hour, according to thickness of fish, in a moderate oven. Remove lid, sprinkle with grated cheese and bake till cheese is melted and browned.

Fish Shells

$1\frac{1}{4}$ lb. flaked, cooked fish ; 1 egg yolk ; $1\frac{1}{2}$ oz. flour ; 1 pt. milk
 $1\frac{1}{2}$ oz. butter ; Gruyere cheese.

Skin and bone cold cod, halibut, turbot or haddock, or tinned salmon. Butter scallop shells. Melt butter. Add flour, then thin down with milk. Season to taste, stirring quickly to prevent lumping, until sauce boils, then remove at once from fire. Thicken with beaten egg yolk. Put a little at bottom of each shell. Fill 3 parts full with flaked fish, then cover with sauce. Smooth with a knife, then sprinkle with cheese. Bake for 7 or 8 minutes in a hot oven. If you want to vary the mixture, add a tablespoon of chopped cooked mushrooms. 4 minced olives, $1\frac{1}{2}$ tablespoons cooked peas or a chopped hard-boiled egg to the sauce.

Creamed Salmon with Green Peas

1 small tin salmon ; 2 teaspoonfuls minced onion ; 2 tablespoonfuls flour ; 1 small tin peas ; 1 pt. milk ; 2 tablespoonfuls butter ; 1 teaspoonful salt ; $\frac{1}{2}$ cup boiled rice ; pepper and paprika to taste.

For 4 persons. Melt butter in saucepan, stir in flour and when frothy gradually stir in milk and make into a small sauce. When boiling, season to taste, then add flaked salmon, minced onion, and simmer, stirring very lightly for 2 or 3 minutes. Add peas, and when piping hot, pour over the hot rice, arranged in the centre of a hot dish. Mash 6 or 7 potatoes, season and add 1 oz. butter, arrange round edge of dish.

Meat Dishes

Toad-in-the-Hole

$\frac{1}{2}$ lb. breast or neck of mutton ; $\frac{1}{2}$ lb. flour ; 1 pt. milk ; 2 eggs ; pepper and salt.

Cut the meat in pieces. Sprinkle with salt and pepper, and put in a greased pie-dish. Sift the flour into a basin and break the eggs into it. Add the milk gradually. Mix and beat with a wooden spoon, to make a smooth batter. Beat well for ten minutes, and let the batter stand for at least half an hour. Pour over the meat and bake in a fairly hot oven for about twenty-five minutes.

(Steak, small chops or sausages can be cooked in the same way.—Allow three quarters of an hour for steak as it requires more cooking.)

Haricot Beans and Bacon

$\frac{1}{4}$ pt. haricot beans ; 3 or 4 slices bacon ; pepper and salt ; 1 pt. milk ; 2 oz. butter or margarine ; 2 oz. flour ; 2 tablespoonfuls chopped parsley.

Wash beans and soak overnight. Cook for two hours or until tender, and then drain. Fry the bacon. Serve beans covered with parsley sauce on a hot dish, and place fried bacon round.

PARSLEY SAUCE: Melt the fat in a saucepan, and add the flour. Stir with wooden spoon. Draw to side of stove and gradually add milk, stirring all the time. Bring to the boil. Simmer for five minutes. Add parsley and seasoning.

Stewed Rabbit

1 rabbit ; onion, celery and carrots ; white stock or water ; bunch of herbs.

SAUCE: 1 pt. milk ; 2 oz. flour ; 2 oz. butter or margarine ; juice of $\frac{1}{2}$ lemon ; salt and pepper.

Wash and clean rabbit and cut into neat joints. Put the meat with the vegetables and herbs into a saucepan. Cover with the stock or water, and cook until tender for one or two hours. Make a sauce with fat, flour and milk. Add the lemon juice carefully and season well. Do not boil again, only reheat. Arrange meat on a dish and pour the sauce over it. Serve with fried bacon and parsley if desired. (For making Sauce, see page 25.)

Savoury Hasty Pudding

3 level tablespoonfuls of flour ; 1 pt. milk ; 2 teaspoonfuls each of chopped onion and parsley ; $\frac{1}{2}$ oz. butter, margarine or dripping ; 3 tablespoonfuls chopped cooked meat ; 3 tablespoonfuls grated cheese.

Mix flour with a little cold milk. Bring remainder of milk to boil and stir in creamed flour. Add onion, parsley, fat, and lastly, the chopped meat and grated cheese. Pour the mixture into a greased pie-dish and bake in a moderate oven for ten minutes or until nicely brown. Garnish with parsley.

Tripe and Onions

1 lb. dressed tripe ; 2 large onions ; 2 oz. flour ; 2 oz. butter or margarine ; 1 pt. milk ; pepper and salt ; sprig of parsley.

Wash the tripe and cut into small pieces, cover with cold water and bring to the boil. Simmer for $\frac{1}{2}$ hour. Pour off the water, place the tripe in a clean pan with the milk and onions, very thinly sliced, and simmer very gently for 2 hours. Melt the fat in a saucepan and add the flour. Mix well and pour in the milk strained from the tripe. Stir until boiling. Season with salt and pepper. Add tripe to sauce, reheat and serve on hot dish garnished with parsley.

Ham Baskets

6 dinner rolls ; 2 oz. cooked ham ; 2 tablespoonfuls grated cheese ; parsley.

SAUCE : $\frac{1}{2}$ pt. milk ; 1 oz. butter or margarine ; 1 oz. flour ; pepper and salt.

Cut a hole in the top of each roll and scoop out the crumbs. (These can be made into brown crumbs.) Put the rolls into a moderate oven for a few minutes to crispen.

SAUCE : Melt the fat in a saucepan and add the flour. Stir together for a few seconds over the fire, using a wooden spoon. Draw to one side and add the cold milk. Bring to the boil and cook for about five minutes, stirring all the time. Add the chopped ham, grated cheese and seasoning.

Fill each roll with some of the mixture and garnish with parsley. The rolls can be served hot, or cold with salad.

Boiled Mutton and Caper Sauce

Leg or shoulder of mutton. Turnips. Carrots. Onions. Salt and pepper.

SAUCE : 1 pt. milk ; 1 teacupful liquor from meat ; 2 oz. butter or margarine ; 2 teaspoonfuls capers ; 2 oz. flour.

Wipe meat with damp cloth. Weigh and allow 20 minutes to each lb. and 20 minutes over. Peel and prepare vegetables. Put all together into a large saucepan with enough boiling water just to cover meat. Boil 5 minutes to close pores of meat, then simmer gently for rest of time.

SAUCE : Melt fat in saucepan ; add flour and stir for 1 minute with wooden spoon. Draw pan to side of stove and add milk gradually. Cook gently for 5 minutes, stirring all the time. Add meat liquor, capers and seasoning. Pour over meat or serve separately.

Creamed Veal

1 lb. cooked veal ; 1 pt. milk ; 2 oz. flour ; 2 oz. butter or margarine ; pepper and salt ; lemon juice ; mashed potatoes.

Cut cooked veal in small pieces, removing any skin and gristle.

SAUCE: Melt the fat in saucepan, add flour and mix well. Add milk, bring to boil, and simmer gently for 5 minutes, stirring all the time. Add seasoning and lemon juice to taste. Add veal and reheat very slowly. Arrange a border of mashed potatoes on a hot dish, and serve veal in centre.

Sheep's Head

1 sheep's head ; 2 carrots ; 2 turnips ; 2 onions ; 1 pint milk ; 2 oz. rice ; 2 oz. flour ; 2 oz. fat ; salt and pepper ; 1 tablespoonful chopped parsley.

Divide head, remove brains and place them in cold salted water. Remove the tongue and wash the head. Tie head together, place in a saucepan of cold water and bring to boil. Throw away water, and replace head, together with the tongue, covering it with hot water and adding 1 dessertspoonful of salt. Remove scum from time to time. Add the prepared vegetables and rice. Cook for 2 hours. Wash the brains, tie them in a muslin or greased paper bag, and cook with the head for twenty minutes. Cut the meat from the head and arrange on a dish with the tongue, which should be skinned. (Method for sauce on page 25.)

Cut up the brains and add these to the sauce with the chopped parsley. Season with salt and pepper. Cover the meat with the sauce and serve piping hot.

Italian Eggs

1½ pts. milk ; 3 oz. macaroni ; pepper and salt ; ¼ lb. ham ; 1 egg for each person ; parsley.

Break up the macaroni, wash and cook slowly in milk until tender. Add seasoning, also chopped parsley. Cut the ham into strips and add. Turn into a dish and keep hot. Poach the eggs in the usual way and place on top. Sprinkle with chopped parsley. (Sufficient for 5 or 6 persons.)

Stewed Chicken

1 chicken ; 5 tablespoonfuls breadcrumbs ; 2 tablespoonfuls chopped suet ; 1 tablespoonful chopped parsley ; ½ tablespoonful mixed herbs ; 1 egg ; 1 oz. flour ; 1 pint milk ; 1 carrot ; 1 onion ; salt and pepper.

An old fowl will do for this dish. Have it trussed for boiling. Mix together the crumbs, suet, parsley and herbs. Season well with pepper and salt. Mix with beaten egg, adding a little milk if necessary. Fill the bird with this stuffing, then put it in a casserole or stewing pan and cover with 1 quart of milk and water. Cut up carrot and onion and simmer very gently until the bird feels tender (about 2-3 hours). When ready, put on to a hot dish, removing any skewers or string. Mix the flour until smooth with a little milk. Add 1 pint of stock in which the bird was cooked and bring to boil, stirring all the time. Simmer for 5 minutes. Pour over chicken and garnish with chopped parsley. Save rest of liquor for stock.

Ham Girdle Cakes

3 cups flour ; 1 egg ; 2 tablespoonfuls melted butter ; salt ; 2 cups milk ; $\frac{1}{2}$ cup minced boiled ham ; 3 teaspoonfuls baking powder.

Sift flour, baking powder and a pinch of salt into a basin. Add milk to lightly beaten egg. Stir in the dry ingredients. Beat in the melted butter and ham. Rub hot girdle over with a piece of bacon rind. The fat should frizzle loudly if girdle is hot enough. Cook mixture in tablespoonful, turning cakes when they are brown beneath and full of bubbles on top. Serve on a hot dish. Garnish with sliced tomatoes.

||||||| *Vegetarian Dishes* |||||

Smothered Onions

1 pt. milk ; 2 oz. butter or margarine ; 2 oz. flour ; pepper and salt ; 1 lb. boiled onions ; 2 tomatoes ; 4 tablespoonfuls grated cheese.

SAUCE.—Melt fat, add flour, cook one minute. Add milk gradually, stirring all the time. Bring to boil and cook slowly five minutes. Season with salt and pepper and grated cheese.

Place cooked onions and sliced raw tomatoes in greased pie-dish. Cover with sauce. Sprinkle little grated cheese on top. Bake in moderate oven for ten to fifteen minutes.

Cheese and Tomato Savoury

1 pt. milk ; $1\frac{1}{2}$ oz. semolina ; 4 tablespoonfuls grated cheese ; pepper and salt ; 1 egg ; $\frac{1}{2}$ lb. tomatoes.

Boil milk, sprinkle in semolina. Cook five minutes. Remove from heat. Add grated cheese, pepper and salt, also beaten egg. Wash and cut tomatoes into slices. Place in greased pie-dish. Pour cheese mixture over and bake in moderate oven ten to fifteen minutes.

Cauliflower Cheese

1 cauliflower ; 1 pt. milk ; 2 oz. butter or margarine ; 2 oz. flour ; salt and pepper ; 4 tablespoonfuls grated cheese.

Boil cauliflower about half an hour (according to size). Make sauce of milk, fat and flour, and cook five minutes. (See cheese recipe No. 1). Add 3 tablespoonfuls grated cheese, pepper and salt. Place cauliflower in greased pie-dish. Coat with sauce. Sprinkle with grated cheese. Bake in moderate oven for ten minutes.

If liked, cauliflower may be broken up and mixed with sauce and then baked until nicely browned.

Scrambled Onions

1 pt. milk ; 2 breakfastcupfuls breadcrumbs ; 4 oz. grated cheese ; 4 cooked onions ; 1 egg (if liked) ; salt and pepper.

Boil milk, soak breadcrumbs in it for few minutes. Add cheese, chopped onions, salt and pepper to taste, also beaten egg, if used. Reheat and serve on slices of buttered toast or place in greased pie-dish. Bake ten minutes.

Cheese Custard

1 pt. milk ; 2 eggs ; 4 oz. grated cheese ; salt and pepper ; 1 teaspoonful made mustard.

Warm milk. Pour over beaten eggs. Add cheese, pepper, salt and mustard. Pour into greased pie-dish. Sprinkle little grated cheese on top. Stand in meat pan of water and bake in slow oven for about one hour.

Eggs in Tomato Cups

4 large tomatoes ; 2 hard-boiled eggs ; pepper and salt ; 1 small lettuce.

SAUCE : $\frac{1}{2}$ pt. milk ; 1 oz. butter or margarine ; 1 oz. flour ; 2 oz. grated cheese.

Cut a hole in the top of each tomato. Stand half a hard-boiled egg in each. Make fat, flour and milk into white sauce (see Cheese dishes recipe No. 1), and season. Add cheese to sauce.

Pour sauce into a glass dish. Stand the tomatoes on top and arrange lettuce round the edge. Serve when sauce is cold.

Savoury Potatoes

1 lb. potatoes ; $\frac{1}{2}$ lb. Spanish onions ; 1 pt. milk ; pepper and salt ;

1 oz. butter or margarine ; 1 egg.

Fill a greased pie-dish with alternate layers of sliced raw potatoes, onions and small pieces of fat. Season with salt and pepper. Cover with milk and water (three parts milk to one part water) and cook in a moderate oven for one hour. This is an excellent supper dish or may be served as a vegetable with cold meat.

Carrot Pie

4 large cooked carrots ; 1 pt. milk ; 2 teacupfuls breadcrumbs ;

3 or 4 oz. grated cheese ; 1 egg (if liked) ; pepper and salt.

Slice the cooked carrots into a greased pie-dish. Boil the milk. Add breadcrumbs, grated cheese and seasoning. If an egg is used this should now be beaten up and added. Pour the mixture over the carrots and bake for ten minutes in moderate oven.

Greenland Savoury

1 cooked cabbage or any green vegetable ; 3 tablespoonfuls grated cheese ;

1 pt milk ; 2 oz. butter or margarine ; 2 oz. flour ; salt and pepper ;

1 hard-boiled egg (if liked).

Cut up cabbage. Mix flour to paste with a little cold milk. Boil remainder of milk. Add flour paste and fat to boiling milk and cook for five minutes, stirring all the time. Season with salt and pepper. Add cheese. Mix the cabbage with one-third of the sauce. Pour this into the bottom of a pie-dish. If a hard-boiled egg is used, cut into slices and place on top of cabbage. Cover with remainder of cheese sauce. This mixture may be browned in the oven, in which case pie-dish should be greased.

Rolled Pancakes and Spinach

$\frac{1}{2}$ pt. milk ; $\frac{1}{4}$ lb. flour ; 1 egg ; pinch of salt ; 2 lb. spinach ; $\frac{1}{2}$ teacupful milk ; a good lump of butter ; 1 teaspoonful flour ; 2 tablespoonfuls cream (if liked) ; salt and pepper to taste ; sprig of parsley.

Prepare and cook the spinach. Rub through a hair-sieve or mash with a wooden spoon. Put into a saucepan and add the butter, milk and seasoning (and cream if desired). Add the flour, which should be creamed with a little

cold milk, and stir over the fire for about 5 minutes.

BATTER: Make a well in the centre of the flour, add the egg and a little milk. Stir with a wooden spoon, adding the milk as required. When half the milk is added beat the mixture for ten minutes. Stand aside for $\frac{1}{2}$ hour. Add the remainder of the milk and salt. Fry pancakes in the usual way—spread each with some hot spinach mixture. Roll up and keep hot until all are ready. Garnish with parsley and serve very hot.

Irish Flan

1 lb. potatoes; $\frac{1}{2}$ pt. milk; 1 oz. butter or margarine; 1 oz. flour;
1 hard-boiled egg; 2 tablespoonfuls grated cheese; salt and pepper;
sprig of parsley.

Boil the potatoes. If old potatoes, mash with a little butter, milk, pepper and salt. Arrange round the edge of a medium sized dish. Brush with a little beaten egg or milk, and brown under the grill or in the oven. If new potatoes are used, when cooked cut in slices, arrange round the edge of the dish in a thick border, brush with a little melted fat, and brown.

SAUCE: Melt the fat in a saucepan and add the flour. Stir together for a few seconds over the fire, using a wooden spoon. Draw to one side and add the cold milk. Bring to the boil and cook for about 5 minutes, stirring all the time. Add the grated cheese, chopped egg and seasoning. Pour this mixture into the centre of the dish, garnish with parsley and serve hot. (2 oz. of chopped ham can be used instead of the hard-boiled egg if liked.)

Creamed Mushrooms

$\frac{3}{4}$ lb. mushrooms; 1 pt. milk; 2 oz. butter or margarine; 2 oz. flour;
pepper and salt; sprig of parsley.

Peel the mushrooms and remove the stalks.

SAUCE: Melt the butter or margarine in a saucepan and add the flour. Stir together for a few seconds over the fire, using a wooden spoon. Draw to one side and add the cold milk. Bring to the boil, put in the mushrooms, cook for at least 25 minutes over a slow heat, stirring frequently. Add pepper and salt to taste. Pour into a dish and garnish with snippets of toast and parsley.

Savoury Vegetables

$\frac{1}{2}$ pt. milk; 2 eggs; $\frac{1}{2}$ lb. cold boiled potatoes; 2 tomatoes; 3 small cooked onions; 2 small cooked carrots; 1 dessertspoonful chopped parsley; 2 tablespoonfuls grated cheese; salt and pepper; sprig of parsley.

Grease a pie-dish and place in it alternate layers of sliced potato, tomato, onion and carrot. Sprinkle with a little parsley, cheese and seasoning. Repeat this until the dish is three-parts full. Beat the eggs and add to the milk with a pinch of salt. Pour this mixture over the vegetables and bake in a moderate oven until the custard has set (about 20 minutes). On no account allow to boil. Garnish with parsley and serve hot.

Cheese Pudding

3 oz. fresh breadcrumbs; 1 pt. milk; 4 oz. grated cheese; 1 oz. butter;
2 eggs; Cayenne or white pepper; salt; sprig of parsley.

Heat the milk and pour it on to the breadcrumbs and butter. Stand aside for 15 minutes. Add the beaten eggs, grated cheese and seasoning. Turn mixture into a greased pie-dish. Stand pie-dish in a tin of cold water and bake in a moderately hot oven until firm and brown. (About 40 minutes.) Garnish with parsley and serve hot.

Calcutta Rice

1 pt. milk; $1\frac{1}{2}$ oz. rice; 4 oz. grated cheese; 1 onion; 3 tomatoes (good sized); salt and pepper; sprig of parsley.

Boil the rice and sliced onion in the milk. Simmer very gently for $\frac{3}{4}$ hour or until tender, stirring occasionally. Mix in the grated cheese, sliced tomatoes and pepper and salt. Bake in a moderate oven for about $\frac{1}{4}$ hour. Garnish with parsley and serve hot.

Savoury Yorkshire Pudding

1 pt. milk; 8 oz. flour; 1 egg; 4 oz. grated cheese; pepper and salt.

Make a well in the centre of the flour, add the egg and a little milk. Stir with a wooden spoon, adding the milk as required. When half the milk is added beat the mixture for 10 minutes. Stand aside for half an hour. Add the remainder of the milk, the grated cheese and seasoning. Any pieces of cooked meat may be chopped up and added to the mixture if liked. Melt one or two tablespoonfuls of dripping or margarine in a baking tin, pour in the batter mixture and bake in a hot oven for twenty minutes.

Rice Salad

1 pt. milk; 3 oz. rice; 2 oz. cheese; 1 hard-boiled egg; 1 small cucumber; salad cream; lettuce; tomatoes; mustard and cress; salt and pepper.

Wash the rice and put into a saucepan with the milk. Bring to the boil and cook very slowly until the rice is soft and the mixture is quite stiff, stirring occasionally. Then leave until cold. Peel the cucumber and cut into small squares. Grate the cheese finely. Make some of the rice into small balls and leave aside for garnishing. Mix the remainder of the rice with some salad cream, add the grated cheese, cucumber, chopped egg white and a little chopped mustard and cress. Season with pepper and salt and serve on a bed of lettuce. Garnish with cucumber, quarters of tomato, rice balls and powdered egg yolk. (To powder egg yolk rub it through a sieve or strainer.)

Macaroni Cheese

1 pt. milk; 2 oz. butter or margarine; 2 oz. flour; 2 oz. macaroni; 4 tablespoonfuls grated cheese; pepper and salt; $\frac{1}{2}$ teaspoonful made mustard. Cook macaroni in boiling salted water for $\frac{1}{2}$ hour.

SAUCE: Melt the fat in saucepan. Add flour. Cook for 1 minute over gentle heat. Add milk slowly, bring to the boil and cook gently for 5 minutes, stirring all the time. Add grated cheese, cooked macaroni and seasoning. Pour into greased pie-dish. Sprinkle a little grated cheese on top and brown in oven or under grill.

Lyonnaise Eggs

6 eggs; $\frac{1}{2}$ cup breadcrumbs; $1\frac{1}{2}$ cups milk; 1 chopped onion; 1 tablespoonful flour; 2 tablespoonfuls butter; salt and pepper to taste.

Cook the onion in butter for 10 minutes. Add flour and cook until the mixture is smooth, stirring constantly. Gradually pour in milk. Cook 3 minutes, still stirring. Season with pepper and salt and pour in a deep hot baking dish. Carefully break into it the six eggs. Cover eggs with breadcrumbs. Bake for about 10 minutes in a moderate oven until the eggs are set. Serve with a green salad.

||||| *Puddings* |||||

◆ *Notes on Cooking Milk Puddings* ◆

There are two rules to remember in making milk puddings:—

- (1) Soak the grain as long as possible before cooking.
- (2) Cook very slowly.

Rice Pudding

2 level tablespoonfuls Carolina rice ; 1 pt. milk ; 1 tablespoonful sugar ; little grated nutmeg.

Soak the rice in the milk for at least one hour. Place in greased pie-dish, first adding sugar and grated nutmeg. Bake slowly for two to three hours in moderately hot oven.

Junket

1 pt. milk ; sugar to taste ; few drops essence of vanilla ; Rennet (quantity as directed on bottle).

Warm milk to bloodheat. Add sugar, flavouring and essence of rennet. Pour into glass dish, place in warm atmosphere until set. To vary this junket a few drops of cochineal or carmine may be added.

To make a jam junket, put a layer of jam at the bottom of the serving dish and pour junket mixture over.

COFFEE JUNKET : Prepare as for plain junket, substituting one dessertspoonful coffee essence for essence of vanilla.

Chocolate Junket

1 pt. milk ; $1\frac{1}{2}$ tablespoonfuls cocoa ; Rennet or junket powder. Sugar.

Mix the cocoa with a little milk and add the remainder. Make cocoa and milk lukewarm and add the rennet. Pour into sundæ glasses or into one large dish. Add whipped cream when set if liked.

Fruit Fool

$\frac{3}{4}$ pt. milk ; 1 oz. cornflour ; 1 egg ; $\frac{1}{2}$ pt. stewed fruit ; sugar to sweeten.

Mix the cornflour with a little cold milk. Boil remainder of milk and pour into it the creamed cornflour, stirring all the time. Boil six minutes. Add sugar and beaten egg. Mash up or sieve stewed fruit and add it to the custard. Mix well and serve cold.

Lemon Pudding

1 pt. milk ; $1\frac{1}{2}$ oz. whole rice. 2 tablespoonfuls sugar : 1-2 eggs, juice and rind of two lemons ; glacé cherries.

Wash rice and soak in cold milk for about one hour. Cook slowly for $2\frac{1}{2}$ hours, stirring occasionally. Separate egg yolks from whites. Beat yolks with sugar and add. Strain lemon juice into mixture. Pour into a greased pie-dish.

Sprinkle grated lemon rind on top. Beat whites stiffly, adding 1 dessertspoonful of sugar to every white of egg. Pile on top and bake slowly in cool oven until meringue is nicely browned (10 to 15 minutes). Decorate with glace cherries, if liked.

If this sweet is to be served cold, fold beaten whites into the mixture.

Orange Meringue

1 pt milk; 1½ oz. cornflour; 1 egg; 2 oranges; 1 oz. sugar.

Boil milk, add cornflour paste and cook five minutes. Add egg yolk and sugar. Chop one orange into small pieces and add. Pour into greased pie-dish. Beat white stiffly, adding 1 dessertspoonful sugar, and pile neatly on top. Cook slowly in cool oven for 10 to 15 minutes, or until meringue is nicely browned. Decorate with orange, and, if liked, glace cherries.

Milk Jelly

1 pt. milk; ½ oz. sheet gelatine; sugar to taste; vanilla essence.

Carefully melt the gelatine in 4 tablespoonfuls of hot water, being careful not to boil. Warm the milk and strain the gelatine into it. Add flavouring and pour mixture into wetted mould and leave until set. To turn out dip the mould quickly through warm water, shake it downwards on to left hand and slip on to dish.

This mould may be coloured pink with carmine.

To convert into a fruit jelly add fresh or stewed dried fruit.

Milk Jelly

1 pt. milk (less 2 tablespoonfuls); 2 tablespoonfuls water;

1 pt. packet jelly.

Melt the jelly with two tablespoonfuls of water over the fire, but do not allow to boil. Remove from the fire and add the cold milk slowly. This causes the milk to curdle slightly. Pour the mixture into a wetted mould and leave to set. Turn out into a glass dish and decorate with cream if desired. When turned out the lower part of the jelly will be solid and the top clear.

Apricot Meringue

1 pt. milk; 2 breakfastcupfuls breadcrumbs; 1-2 eggs; 1½ oz. sugar;

½ lb. stewed apricots (fresh or dried).

Boil milk. Add breadcrumbs and leave to soak for twenty minutes. Separate egg yolks from whites. Beat yolks with sugar and add to mixture. Stew fruit in the usual way, chop half and add to breadcrumb mixture. Pour into greased pie-dish. Beat whites stiffly, adding tablespoonful sugar and pile neatly on top. Bake three-quarters of an hour in a very slow oven. Arrange remainder of fruit neatly round dish, and serve hot.

Fresh Fruit Trifle

3-4 penny sponge cakes; 3 oranges; little jam; essence of vanilla;

1 pt. milk; 1 dessertspoonful cornflour; 1 egg; 1 oz. sugar.

Split sponge cakes and spread with jam, place in glass dish. Place sliced orange on top. Boil milk, cream cornflour, and add. Cook five minutes. Allow to cool slightly. Beat egg and sugar slightly and add, stirring well. Flavour, and pour custard quickly over sponge cakes. Allow to cool, then decorate with orange and a little cream if desired.

Chocolate and Nut Pudding

1 pt. milk ; $1\frac{1}{2}$ oz. semolina ; 2 oz. plain chocolate or cocoa powder ;
2 oz. chopped nuts ; $1\frac{1}{2}$ oz. sugar ; essence of vanilla.

Boil milk. Sprinkle in semolina, and cook slowly for five minutes. Add chocolate or cocoa powder. Allow to cool slightly, then add sugar, chopped nuts and vanilla. Serve either hot or cold.

Fruit Flan

1 small tin fruit.

PASTRY : 6 oz. plain flour ; $1\frac{1}{2}$ oz. butter or margarine ; $1\frac{1}{2}$ oz. lard ;
1 yolk of egg ; 1 dessertspoonful sugar ; water.

CUSTARD : $\frac{1}{2}$ pt. milk ; $\frac{3}{4}$ oz. cornflour ; fruit syrup or few drops vanilla ;
2 teaspoonfuls sugar.

Mix fats together, being careful not to cream. Cut into flour, using steel knife, then rub in, using tips of fingers, until the mixture is like fine breadcrumbs. Beat egg lightly with sugar and bind pastry to a very stiff consistency. If required, add water. Turn on to floured board. Roll lightly until about one inch larger than flan ring. Place ring on greased baking tin, line with pastry, trim neatly. Prick the pastry with a fork to prevent it rising in the centre. Bake in moderately hot oven twenty minutes. Turn on to cooling tray.

CUSTARD : Boil milk. Add creamed cornflour and cook slowly for five minutes. Flavour with few drops essence of vanilla or a tablespoonful of fruit syrup. Add sugar. Allow to cool. When cold pour into flan case, decorate with fruit, and, if liked, whipped cream.

Bread and Butter Pudding

1 pt. milk ; bread and butter ; 2 oz. currants or raisins or 1 tablespoonful marmalade ; 1 egg ; 1 oz. sugar.

Grease a pie-dish. Wash fruit and place at the bottom. Cut the buttered bread into three-corner pieces, and lay these on the fruit. Sprinkle with the rest of the fruit. Beat the egg, add the sugar and milk, and pour this over the bread. Leave for one hour to soak. Bake in a cool oven for one hour or until custard sets.

Caramel Sponge

4 sponge cakes ; $\frac{1}{4}$ lb. castor sugar ; juice of a lemon ; $\frac{1}{2}$ pt. milk ;
2 eggs ; 2 tablespoonfuls water.

Put the sugar, lemon juice and water into a small pan. Heat slowly without stirring, and cook until the syrup is light brown and thick. Pour into a mould, stand in cold water until the caramel sets. When it is set fill the mould with fingers of sponge cake. Beat the eggs. Mix with milk, pour over sponge cakes. Cover with buttered paper and steam gently for one hour.

Queen of Puddings

$\frac{1}{2}$ pt. milk ; 2 eggs ; $\frac{1}{4}$ lb. breadcrumbs ; $\frac{1}{2}$ oz. sugar ; grated lemon rind ; jam. (1 tablespoonful sugar for meringue.)

Boil milk. Pour over breadcrumbs and leave to soak for ten minutes. Add the sugar, yolks of eggs and flavouring. Pour the mixture into a greased pie-dish. Bake in moderate oven for half an hour. Place a layer of jam on top, also the stiffly beaten whites to which sugar has been added. Sprinkle a little sugar on meringue. Bake until brown and crisp, about 20 minutes in a cool oven.

Valencia Mould

1 pt. milk; 2 oz. ground rice; 2 oz. Sunmaid raisins; juice of 1 lemon;
1 egg; 1 oz. sugar.

Boil milk. Sprinkle in ground rice and cook slowly five minutes. Add beaten egg and sugar, also lemon juice. Wet mould, place half raisins at the bottom and pour mixture over. Set aside in cold water until set. Arrange remainder of raisins round the edge before serving.

Semolina Sunflowers

1 pt. milk; 2 oz. semolina; $\frac{1}{2}$ oz. butter or margarine; 2 tablespoonfuls sugar; vanilla flavouring; 1 tin sliced peaches.

Boil milk. Sprinkle in semolina and cook five minutes. Add butter, vanilla, and stir until melted. Turn mixture into two wetted sandwich tins, and leave until set. Turn out. Arrange sliced peaches on each to resemble sunflowers. Serve with peach syrup; cream if liked.

Peach Baskets

$\frac{1}{2}$ pt. milk; large tin of peaches; $1\frac{1}{2}$ oz. crushed tapioca; sugar; vanilla; small pieces of apple and banana; angelica; glacé cherries.

Strain the syrup from the peaches and put into saucepan with the milk. Sprinkle in tapioca and cook until tender and the mixture thick and creamy. Add sugar and vanilla to taste. Turn into dish and leave until cold. Arrange peaches, cut side uppermost, on the tapioca mixture. Cut up apple, banana and cherries into small pieces. Fill the cups with this prepared fruit and fix a handle of angelica over each. For the handles dip angelica in warm water and cut into long strips.

Walnut Pudding

$\frac{1}{4}$ lb. breadcrumbs; $\frac{1}{4}$ lb. shelled walnuts; 2 eggs; 1 pt. milk;
2 oz. sugar; grated lemon rind.

Put the crumbs into a basin with sugar and lemon rind. Heat milk and pour over them. Put the walnuts into the oven for a few minutes then chop them finely. Mix with the crumbs. Add yolks of eggs and mix well. Whisk whites to a very stiff froth and add lightly to the mixture. Pour into a buttered pie-dish and bake in a moderate oven thirty minutes. Some jam may be put at bottom of pie-dish.

Semolina and Apple Pudding

1 pt. milk; $1\frac{1}{2}$ oz. semolina; 1 lb. apples; 2 tablespoonfuls sugar;
lemon rind; 2 oz. butter or margarine.

Boil milk, sprinkle in semolina and cook five minutes. Add $\frac{1}{2}$ the sugar and grated rind of half lemon. Leave to cool.

Peel, core and stew apples in usual way, adding butter and remainder of lemon rind and sugar.

Pour semolina mixture into glass dish and place apples neatly on top.

Pear Creams

$\frac{1}{2}$ pt. milk; 1 teaspoonful cornflour; 1 gill pear syrup; $1\frac{1}{2}$ dessert-spoonfuls sugar; small tin pears; $\frac{1}{2}$ gill cream; $\frac{1}{2}$ oz. leaf gelatine; glacé cherries for decoration.

Mix the cornflour to a smooth paste with a little of the milk. Boil remainder, add cornflour paste and cook five minutes. Allow to cool. Strain the syrup

from the pears, sieve or cut into small pieces. Add to cornflour mixture. Whisk the cream with a little sugar and add. Dissolve gelatine in some of the pear syrup (4 tablespoonfuls) and strain into the mixture. Pour into small moulds and allow to set. When cold turn out and serve with cream, if liked, and glacé cherries for decoration.

Cocoanut Rice

Make in the same way as plain rice pudding, adding 1 tablespoonful desiccated cocoanut and omitting the vanilla. Soak the cocoanut and the rice in the milk together before cooking. Tapioca, sago or barley kernels may be used in the same way.

Coffee Blancmange

1 pt. milk ; 2 oz. cornflour ; 1 egg ; 1 tablespoonful coffee essence ;
1½ oz. sugar.

Boil milk, add cornflour paste and cook five minutes. Beat egg and sugar together, add to mixture, also coffee essence. Pour into wetted mould. When cold and set, turn out and serve. A little brown sugar sprinkled on top of the mould is an improvement.

Chocolate Rice Pudding

2 dessertspoonfuls rice ; 1 dessertspoonful cocoa ; 2 dessertspoonfuls sugar ; 1 pt. milk.

Wash the rice and put into a pie-dish. Mix cocoa to a smooth paste with a spoonful of milk. Add this to the rice with the sugar and mix together. Stir in the remainder of the milk and put into a moderate oven. Bake slowly for 2 to 3 hours, or until the rice is tender.

Chocolate Blancmange

1½ oz. cornflour ; 1½ oz. cocoa ; 1½ oz. sugar ; vanilla flavouring ;
1 pt. milk.

Mix cornflour and cocoa with a little milk, boil the rest with sugar. Mix all together and cook for a few minutes until thick. Add flavouring and turn into wet mould.

Pancakes

1 pt. milk ; 8 oz. flour ; 2 eggs ; pinch of salt.

BATTER : Put flour and pinch of salt into a basin, make a well in the centre and break the eggs into it. Gradually stir in the flour, adding half the milk. Beat for ten minutes and then stir in remainder of the milk. Leave to stand for at least half an hour.

SWEET PANCAKES : Melt a little fat in a frying-pan. When smoking hot pour off into a small saucepan or basin. Pour in sufficient batter to cover the pan thinly. Cook over a medium heat until a golden brown, loosen the pancake with a knife and shake the pan to prevent sticking. Toss pancake over or turn with a knife and cook the other side. Turn on to sugared paper, sprinkle with sugar and lemon juice, roll up and serve.

SWEET PANCAKES : Put a spoonful of jam or currants in the centre of the cooked pancake and fold over, or to one pint of batter add 3 oz. of currants and fry as above.

Tapioca Cream

1 pt. milk ; 2 oz. tapioca ; 2 eggs ; sugar to taste ; $\frac{1}{2}$ teaspoonful of vanilla essence or the juice of 1 lemon.

Soak the tapioca for at least 2 hours in water. Strain off the water and cook the tapioca in the milk. (If a double saucepan is used it will cook in about 2 hours ; if an ordinary saucepan in about $\frac{1}{2}$ hour.) Add the beaten yolks of the eggs, sugar and flavouring. If lemon juice is used add it very slowly. Whisk the whites of eggs stiffly and fold into the tapioca mixture. Serve cold in custard glasses. Decorate with whipped cream if desired and a few glacé cherries.

St. Leonard's Pudding

$\frac{1}{2}$ pt. milk ; 2 oz. flour ; 2 oz. butter ; 2 oz. sugar ; 2 eggs ; 2 table-spoonfuls jam ; short crust pastry (sufficient to line a pint pie-dish).

Line a pie-dish with short crust pastry and spread the bottom with jam. Cream the flour with a little of the milk and boil the remainder with the 2 oz. of butter. Pour the creamed flour into the boiling milk and cook for 5 minutes. Add the sugar and beaten egg yolks. Pour the mixture into the pie-dish and bake for 20 minutes or until the pastry is cooked. Whisk the whites of egg stiffly and add a little sugar. Arrange on top of the pudding and return to the oven for a few minutes until lightly browned. Serve hot.

Caramel Custard

1 pt. milk ; $\frac{1}{2}$ teacupful water ; 12 lumps of sugar ; 3 eggs.

Boil the sugar and water together quickly until the sugar is quite brown. Pour into a round greased cake tin and allow to set. Warm the milk, beat the eggs lightly and add the milk. Pour the mixture over the caramel. Stand the cake tin in a baking tin half full of water. Bake in a slow oven for one hour. Turn out and serve either hot or cold.

Coffee and Banana Pudding

1 pt. milk ; $1\frac{1}{2}$ oz. cornflour ; 1 tablespoonful coffee essence ; 1 egg ; 2 bananas ; 1 oz. sugar.

Cream the cornflour with a little of the milk. Boil remainder of the milk and add creamed cornflour, stirring all the time. Bring to boil and cook for 5 minutes. Add beaten yolk of egg and sugar ; reheat but do not boil. Add coffee essence and one sliced banana. Pour into a glass dish. Whisk the white of egg stiffly, adding 2 teaspoonfuls sugar. When pudding is cool arrange white of egg on top and decorate with second banana.

Milk Meringue Jelly

1 pt. milk (less 2 tablespoonfuls), 2 tablespoonfuls water ; 2 egg whites ; 1 pt. packet jelly ; juice of 1 lemon ; angelica and a few glacé cherries.

Melt jelly with the two tablespoonfuls of water. Allow to cool, but not to set. Stir in the cold milk and add lemon juice very slowly. Leave until beginning to set, then whisk the whites of eggs to a very stiff froth and fold in lightly. Turn into a dish, and when quite set, decorate with glacé cherries and leaves of angelica.

Lemon Delight

1 pt. milk ; $1\frac{1}{2}$ oz. cornflour ; sugar to sweeten ; juice of 2 lemons ; grated rind of 1 lemon ; 1 egg.

Mix the cornflour to a thin paste with a little of the cold milk. Boil the remainder of the milk, add the creamed cornflour and cook for five minutes, stirring all the time. Add the yolk of egg, sugar and then the lemon juice, which should be added very slowly. Beat the white of egg stiffly and fold into the cornflour mixture. Put into custard glasses and when cold decorate with leaves of lemon rind and serve.

This pudding can be served hot, in which case pour the mixture into a greased pie-dish and brown in a fairly hot oven for five to ten minutes. Serve immediately.

Orange Baskets

4 large oranges ; $\frac{1}{2}$ pt. milk ; 1 oz. cornflour ; 1 egg ; sugar to sweeten ; angelica ; cream for decorating.

Cut each orange in half and squeeze out the juice, being careful not to break the orange skin. Remove all the pith and pulp and wash the orange cups.

Mix the cornflour to a cream with a little of the cold milk. Boil the remainder of the milk and pour in the creamed cornflour. Cook for 5 minutes, stirring all the time. Add the beaten egg and sugar. Reheat but do not boil. Allow to cool slightly and then add the orange juice gradually. Fill each orange cup with some of the mixture and set aside until cold. Whisk the cream stiffly, adding 1 teaspoonful of castor sugar. Put into a piping bag and pipe a narrow border of cream round each orange cup. Cut the angelica into narrow strips and arrange to represent a handle on each orange cup. (To soften the angelica and to make it pliable soak in warm water for a few minutes.)

Honeycomb Mould

1 pt. milk ; $\frac{1}{2}$ oz. gelatine ; 2 eggs ; castor sugar to taste ; $\frac{1}{2}$ teaspoonful vanilla essence.

Dissolve the gelatine with a little hot water. Put the milk into a saucepan, stir in the sugar, beaten egg yolks and gelatine. Bring to the boil slowly, stirring all the time. Remove from the fire and add the flavouring. Beat the egg whites very stiffly and fold into the custard mixture. Pour into a wetted mould and leave to set. Turn into a glass dish, and decorate with whipped cream if desired.

Pineapple Pudding

1 pt. milk ; 2 oz. cornflour ; 1 egg ; 1 glacé cherry ; 1 small tin pineapple (slices) ; 1 tablespoonful sugar.

Cream cornflour with a little of the milk. Boil remainder of milk and add the creamed cornflour, stirring all the time. Bring to the boil and cook for five minutes. Add the beaten yolk of egg and sugar. Slowly add the pineapple juice to the mixture and then the pineapple cut in pieces, reserving two slices for decoration. Whisk the white of egg stiffly, adding 2 teaspoonfuls sugar. When pudding is cool arrange the white of egg on top and decorate with cherry and pineapple. Serve cold.

Chocolate Custard

1½ oz. cocoa ; 1 tablespoonful cornflour ; 2 egg yolks ; 4 tablespoonfuls castor sugar ; 1 pt. milk ; ½ teaspoonful vanilla essence ; few grains salt.

Dissolve cocoa in the milk. Mix sugar, cornflour and salt together in a basin. Stir in beaten egg yolks, then milk and cocoa. Turn into the top of a double boiler and stir over boiling water until the mixture thickens. Strain, cool slightly, then flavour and chill. Use when making trifle or other sweet. One can add one or two sliced bananas to the custard, or decorate it before serving in a glass dish with overlapping slices of banana, with cream. Enough for 3 or 4.

Chocolate Mousse

1 pt. milk ; 3 oz. powdered chocolate or cocoa ; 3 oz. sugar ; 1 oz. gelatine ; 1 gill cream ; 3 eggs.

Soak the gelatine in 2 tablespoonfuls of water. Warm until dissolved. Mix chocolate and sugar with rest of the milk and the beaten eggs. Cook slowly, stirring all the time, until the mixture thickens but do not allow to boil. Add strained melted gelatine and leave to cool. When just about to set whisk the cream and when stiffly beaten add slowly to mixture. Pour into wetted mould and allow to set. Turn out and serve.

Chocolate Queen Pudding

2 eggs ; 2½ oz. breadcrumbs ; 3 dessertspoonfuls sugar ; 1½ dessertspoonfuls cocoa ; vanilla flavouring ; 2 tablespoonfuls castor sugar (for the meringue) ; angelica ; 1 pt. milk.

Mix cocoa to a smooth paste with a spoonful of milk, boil the remainder, add cocoa and boil one minute, then cool. Mix breadcrumbs with sugar. Beat up the yolks, mix with cocoa and milk, and add to breadcrumbs. Soak for a few minutes, flavour to taste and bake for about thirty minutes in a moderate oven. Do not allow it to boil. Make a meringue with the stiffly beaten whites of eggs and castor sugar, spread over top of pudding. Bake in a cool oven for about 15 minutes, and decorate with angelica. Serve cold.

Arrowroot Whip

1 pt. milk ; 2 eggs ; 1 oz. gelatine ; 1½ dessertspoonfuls arrowroot ; sugar to sweeten ; 2 tablespoonfuls cream ; ¾ gill water ; vanilla ; angelica.

Mix the arrowroot to a smooth paste with a little of the milk. Add to boiling milk and cook gently for five minutes. Allow to cool slightly. Separate the eggs. Beat up yolks with sugar and add. Cook slowly for a few minutes. Whisk the cream. Add to arrowroot mixture when cold. Dissolve gelatine in a little water and strain into mixture. Leave until the mixture begins to thicken, then beat up whites stiffly and fold into arrowroot. Flavour with vanilla, pour into glass dishes and when cold and set decorate with angelica or glacé cherries.

||||| Sour Milk Recipes |||||

Do not forget that all scones, cakes and breads can be mixed with sour milk if you have any. Their flavour will be just as good and the acid in the milk makes them light. If milk has become curded, delicious fritters can be made by adding one egg and enough flour to make a batter mixture. Beat well and fry in spoonfuls. Flavour with cheese or currants, etc.

Nut and Raisin Bread

$\frac{3}{4}$ lb. wholemeal flour ; 2 oz. sugar ; 2 oz. fat ; 2 oz. chopped walnuts ; 2 oz. chopped Brazil nuts ; 2 oz. raisins ; $3\frac{1}{2}$ teaspoonfuls baking powder ; pinch of salt ; 1 egg (if liked) ; milk.

Sieve the flour. This is done to introduce air, but care must be taken to return rough particles of flour left in the sieve to the mixture. Add sugar, salt and baking powder. Cut the fat into the flour and rub in finely, using the tips of the fingers. Add chopped nuts, raisins and beaten eggs and mix with enough milk to make a soft dough. Grease baking tin, preferably with dripping or lard. Pour mixture into tin to within an inch of the top. Bake for three-quarters of an hour in a moderate oven.

TO GLAZE BREAD : When nearly cooked, brush bread with a little warm milk.

Brown Scones

6 oz. plain flour ; $\frac{1}{2}$ lb. wheaten meal ; $\frac{1}{2}$ teaspoonful carbonate of soda ; 1 teaspoonful cream of tartar ; 2 oz. sultanas ; 3 oz. butter or margarine ; pinch of salt ; milk to mix.

Sieve the flour. Add cream of tartar, carbonate of soda and salt. Rub the fat in lightly, add fruit and enough milk to form a stiff dough. Turn on to floured board, roll lightly, and shape into scones. Place on a greased or floured tin and bake in a hot oven for ten minutes.

Cinnamon Cookies

1 breakfastcupful flour ; 2 oz. butter ; 2 oz. sugar ; 1 egg ; $\frac{1}{2}$ teaspoonful carbonate of soda ; 1 level teaspoonful powdered cinnamon ; $\frac{1}{2}$ teacupful sour milk.

Dissolve soda in the sour milk. Beat butter and sugar to a cream. Add beaten egg and flour alternately until all are absorbed. Lastly, add the cinnamon and the soda dissolved in the milk. Place on a floured board. Roll out thinly and cut into rounds. Put on to a greased tin, and bake for fifteen to twenty minutes in a moderately hot oven. Sprinkle with castor sugar before serving.

Plain Milk Scones

$\frac{1}{2}$ lb. plain flour ; 1 teaspoonful cream of tartar ; $\frac{1}{2}$ teaspoonful carbonate of soda ; 2 oz. of butter ; pinch of salt ; milk to mix.

Sieve the flour. Add cream of tartar, carbonate of soda and salt. Rub the fat in finely. Add enough milk to form a stiff dough. Turn on to a floured board and roll out to half-an-inch in thickness. Cut into rounds and place on a greased tin. Bake in a hot oven for ten to fifteen minutes.

Soda Milk Bread

1 lb. flour ; 1 teaspoonful carbonate of soda ; $\frac{1}{2}$ teaspoonful cream of tartar ; 1 small teaspoonful salt ; $\frac{1}{2}$ pt. sour milk.

Sieve the flour. Add soda, cream of tartar, and salt. Mix to a slack dough with the sour milk. Shape into a flat cake or small rolls. Place on greased oven shelf, and cook in a moderate oven, allowing half an hour for loaf, and fifteen minutes for the small rolls.

London Buns

$\frac{1}{2}$ lb. flour ; 3 oz. butter, margarine or dripping ; 1 tablespoonful sultanas ; 1 tablespoonful currants ; pinch of salt ; 1 oz. candied chopped peel ; 1 teaspoonful baking powder ; 1 egg ; 2 oz. brown sugar ; cupful of milk.

Sieve the flour, add salt and baking powder. Rub in the fat and add the fruit, picked and cleaned, the sugar and candied peel. Beat the egg into the milk and mix into a fairly soft dough. Form into a roll on a floured board. Cut into eight or twelve pieces of equal size, make into little round balls and put on a greased tin. Brush the top of each lightly with a little milk and bake in a quick oven for twenty to thirty minutes. These can be served hot for tea.

Milk Bread

2 lbs. flour ; 1 pt. warm milk ; 1 oz. yeast ; 1 oz. melted butter ; 2 teaspoonfuls sugar ; pinch of salt.

Dissolve the yeast with the sugar and a little warm milk. Add the melted butter and the milk. Into this stir 2 cupfuls of flour. Beat well and set to rise in a warm place for 2 hours. When risen, work in the rest of the flour, sifted with salt, and knead well. Set to rise again for $\frac{1}{2}$ hour. Then knead again. form into loaves, set on a greased baking tin or in floured tins. Stand in a warm place for half an hour. Brush the top of each loaf with milk and bake for half an hour in a moderate oven.

Spice Cakes

4 oz. butter or margarine ; 4 oz. castor sugar ; 6 oz. flour ; 1 tablespoonful ground ginger ; $\frac{1}{2}$ teaspoonful mixed spice ; 1 tablespoonful candied peel ; 1 tablespoonful golden syrup ; $\frac{1}{2}$ cupful milk ; 6 or 7 blanchd almonds ; 1 egg ; $\frac{1}{2}$ teaspoonful baking powder.

Cream the butter and sugar together, add flour, spice and baking powder. Beat egg, mix with syrup and milk, and add to mixture. Add peel finely minced. Put half a blanchd almond in the bottom of each greased patty tin. Fill with a spoonful of the cake mixture. Bake in a moderate oven for twenty minutes or until quite firm.

|||||Sauces|||||

Chocolate Egg Sauce

$\frac{1}{2}$ pt. of milk ; sugar to taste ; $\frac{1}{2}$ oz. cup chocolate ; vanilla flavouring ;
2 yolks of eggs.

Boil milk and chocolate together, cool slightly and pour on to well beaten eggs. Cook until the sauce thickens but do not allow it to boil. Sweeten and flavour to taste.

Salad Dressing

Mix together in the following order :—2 level tablespoonfuls mustard ; 2 level tablespoonfuls sugar ; 3 level teaspoonfuls cornflour ; 2 level teaspoonfuls salt ; 1 pt. milk ; 2 eggs well beaten ; 2 teacupfuls of vinegar to be added last and very slowly.

Put in saucepan and stir over heat until it thickens but do not allow to boil. Bottle and cork when cool. This dressing will keep for some months if tightly corked.

Custard Sauce

$\frac{1}{2}$ pt. milk ; 1 egg ; 1 tablespoonful castor sugar ; vanilla essence.

Break the egg into a basin, mix with the sugar. Bring the milk to the boil, and pour over egg and sugar. Pour into a small saucepan. Set in a larger pan, one-third full of boiling water, and stir till the sauce thickens. Add a few drops of vanilla and serve. A vanilla pod dropped into the milk while it is coming to the boil gives a more delicate flavour than vanilla essence. Remove the pod from the milk before pouring on to the egg. The pod should be dried and can be used many times.

Chocolate Sauce

1 teaspoonful cornflour ; 2 oz. chocolate or cocoa ; $\frac{1}{2}$ pt. milk ; vanilla ; sugar to taste.

Mix the cornflour, finely grated chocolate and castor sugar to a cream with a little cold milk. Boil the remainder of the milk. Pour in the creamed mixture, stirring all the time. Cook gently for five minutes. Add a few drops of vanilla. Serve hot or cold.

Almond Sauce

$\frac{1}{2}$ pt. milk ; 1 teaspoonful cornflour ; 2 oz. ground almonds ; castor sugar to taste ; few drops almond essence.

Mix the cornflour and sugar to a thin paste with a little of the milk, bring the rest of the milk to the boil and pour over, stirring all the time. Pour into saucepan and stir until boiling. Cook for five minutes, stirring all the time. Add ground almonds and essence. Reheat.

Lemon Sauce

$\frac{1}{2}$ pt. milk ; 1 dessertspoonful cornflour ; castor sugar to taste ; rind and juice of 1 lemon.

Make in the same way as almond sauce, adding the grated lemon rind and juice after the sauce has boiled. Add the juice gradually to prevent curdling.

Sweet Sauce

$\frac{1}{2}$ pt. milk ; 1 teaspoonful cornflour ; sugar to sweeten.

This recipe forms the foundation of a good many sweet sauces. Add a few drops of flavouring essence—vanilla, almond, lemon or pineapple to taste. This sauce can be served with all boiled or steamed puddings.

Savoury Sauces

To serve with Vegetables, Meat and Fish

SIMPLE WHITE SAUCE: Served with all cooked white vegetables, boiled fish, creamed chicken and veal, etc.

1 oz. flour ; 1 oz. butter or margarine ; $\frac{1}{2}$ pt. milk ; salt and pepper.

Melt the fat in a saucepan. Add the flour, and work together with a wooden spoon. Add the milk, bring to the boil and cook gently for five minutes, stirring all the time. Season with salt and pepper. A squeeze of lemon juice may be added if liked.

This White Sauce is a foundation for a great many sauces, e.g.—

ANCHOVY SAUCE: Add 1 teaspoonful anchovy essence and a few drops of cochineal. Do not add very much salt for this sauce.

CAPER SAUCE: White sauce with 1 tablespoonful of chopped capers and a little of the liquor from the bottle. Serve with boiled mutton.

CELERY SAUCE: White sauce in which a couple of sticks of celery, finely shredded, are stewed for twenty minutes. Serve with boiled or roasted fowl.

CHEESE SAUCE: Add 1 tablespoonful of grated cheese to the hot white sauce.

DUTCH SAUCE: White sauce with 1 egg and a tablespoonful of lemon juice or white vinegar added. Serve with asparagus, seakale, cauliflower, celery, fried fillets of fish or baked fish.

EGG SAUCE: White sauce with a hard-boiled egg chopped and stirred in before serving. Serve with boiled cod, fresh or salt steamed haddock, etc.

MUSTARD SAUCE: White sauce with a large teaspoonful of made French or English mustard and a squeeze of lemon juice stirred in just before serving. Serve with boiled or grilled fish, mackerel or herring.

ONION SAUCE: White sauce. Add one cooked chopped onion.

PARSLEY SAUCE: Add a tablespoonful of chopped parsley to white sauce. Serve with boiled chicken or rabbit.

TOMATO SAUCE: Make a purée by cooking 2 or 3 fresh tomatoes cut in quarters till soft, with $\frac{1}{2}$ oz. butter or margarine, 1 small onion, a sprig of parsley, and a pinch of herbs. When cooked rub through a sieve or fine gravy strainer. Add this purée to the white sauce. Season with salt and pepper and a pinch of castor sugar. Colour with a few drops of carmine.

Bread Sauce

$\frac{1}{2}$ pt. milk ; 2 oz. breadcrumbs ; $\frac{1}{2}$ oz. butter or margarine ; 1 small onion stuck with 2 cloves ; salt and pepper.

Simmer the onion gently in the milk for ten minutes or so. Pour over the breadcrumbs, season and leave on the side of the stove for twenty minutes. Remove the onion, and add the butter. Bring to the boil and serve.

Milk Drinks

Delicious milk drinks for the hot weather can be made by adding a table-spoonful of ice-cream to a glass three-quarters full of milk and filling up with soda water. Ice-cream bricks sold by several big catering firms are excellent, used in this way.

Frosted Chocolate

$\frac{1}{2}$ pt. milk ; 1 egg ; sugar to sweeten ; 1 dessertspoonful cocoa.

Mix cocoa with a little cold milk. Boil remainder and add to cocoa. Bring to boil. Add the yolk of egg and sugar. Pour into tumbler and allow to cool. Whip the white of egg to a stiff froth, sweeten with 1 teaspoonful sugar, and pile on top of the chocolate mixture. This drink can be served hot if desired.

Invalid Dishes

Egg Flip

$\frac{1}{2}$ pt. milk ; 1 dessertspoonful lemon juice ; 1 dessertspoonful castor sugar ; 1 egg.

Separate the yolk of egg from the white, and mix it with the sugar and lemon juice. Heat the milk and pour over the mixture. Beat the egg white stiffly and pile on top.

Invalid Custard

$\frac{1}{2}$ pt. milk ; 1 dessertspoonful cornflour ; 1 egg ; sugar to sweeten ; juice of $\frac{1}{2}$ lemon (if liked) ; 1 cherry.

Cream the cornflour with a little of the cold milk. Bring the remainder of the milk to the boil. Pour in the creamed cornflour, stirring carefully, and boil for five minutes. Remove from stove. Add the yolk of egg, sugar and lemon juice. Pour into a custard glass. Whip the white of egg stiffly, and stir in 1 teaspoonful of sugar. Serve on top of custard, decorate with cherry.

Egg Poached in Milk

1 new-laid egg ; 1 teacupful milk ; pinch of salt ; 1 teaspoonful butter ; round of buttered toast ; 1 teaspoonful flour.

Melt the butter in a pan. Add the milk, with pinch of salt, and bring almost to the boil. Break the egg into a cup and slip very carefully into the milk.

Poach very gently for three or four minutes until set. Serve on buttered toast. Thicken milk with 1 teaspoonful flour and pour over the egg.

Bourn-Vita

Take a breakfast cup of hot milk (not boiling) and sprinkle on the surface two teaspoonfuls of Bourn-Vita. Stir briskly until dissolved. Sugar to be added if required.

Egg Bourn-Vita

1 tablespoonful Bourn-Vita ; 1 egg ; 1 or 2 grains of salt ; 1 cup scalded milk ; 1 heaped teaspoonful castor sugar.

Beat egg and stir in Bourn-Vita, salt, and sugar. Then dilute with milk. Strain into a tall glass.

Milk Tea

$\frac{1}{2}$ pt. milk ; 2 teaspoonfuls tea.

Put the tea into a jug, boil milk and pour on. Stand for 3 to 5 minutes keeping hot. Strain into a cup.

Arrowroot Cup

$\frac{1}{2}$ oz. arrowroot ; $\frac{1}{2}$ pt. milk ; $\frac{1}{2}$ teaspoonful sugar.

Mix the arrowroot into a smooth paste with a little cold milk. Heat the rest of the milk and stir it into the arrowroot. Rinse the pan, pour back the mixture, bring to the boil and cook for 5 minutes, stirring all the time. Add sugar and serve.

Invalid Fruit Tart

2 sponge cakes ; 2 eggs ; $\frac{1}{2}$ pt. milk ; 2 large apples ; 4 tablespoonfuls water ; 2 teaspoonfuls castor sugar ; 1 tablespoonful sugar.

Boil the water with the tablespoonful of sugar, add the apples, peeled and sliced. Cook until tender, beat to pulp, and spread at the bottom of a greased pie-dish. Cover with the sponge cakes, cut into thin slices. Beat up the eggs, stir in the milk, add the castor sugar, and pour mixture over the sponge cakes. Leave to stand for a few minutes, then bake in a moderate oven for about 20 minutes.

Gruel

1 tablespoonful medium oatmeal ; $\frac{1}{2}$ pt. milk.

Mix the oatmeal to a paste with a little of the milk. Add remainder of milk and leave to stand for 1 hour. Stir up and strain into saucepan. Bring to the boil stirring all the time, and cook for 10 to 15 minutes. Serve with sugar or salt to taste.

||||| Cereal Dishes |||||

Shredded Wheat

Shredded Wheat is a nourishing and sustaining whole wheat food that can be served straight from the packet with the addition of hot or cold milk and flavoured to taste with sugar, salt, marmalade, honey, etc.

Shredded Whole Wheat Porridge

Shredded Wheat biscuits; salt; water; milk or cream.

For those who like porridge there is nothing so nourishing and satisfying as Shredded Wheat porridge and nothing so easy to make. Put the Shredded Wheat biscuits in a small saucepan, add salt and enough water to cover the bottom of the pan; stir and boil until it thickens, then serve with milk or cream. Better than ordinary porridges for youngsters or grown-ups.

Shredded Wheat Caramel

2 Shredded Wheat biscuits; 1 pt. milk; 2 eggs; sugar; 2 table-spoonfuls water.

Take 2 Shredded Wheat biscuits; crush them finely; put into a basin and pour 1 pint of hot milk over and let stand for about twenty minutes; then beat 2 eggs thoroughly and stir into the biscuit. Sugar to taste. Line a mould with caramel and pour the mixture in and steam gently for half an hour; turn out when cold and serve with a little caramel poured round.

To make the caramel: Place 2 oz. of lump sugar with 2 tablespoonfuls of water into saucepan and stir it until it becomes a dark brown; then coat the mould evenly with it. This is a most delicious sweet.

Shredded Wheat Welwyn Pudding

2 Shredded Wheat biscuits; $\frac{1}{2}$ pt. milk; sugar; 2 eggs; juice half lemon.

Heat milk almost to boiling point and then pour it over the Shredded Wheat biscuits; place a cover over; let stand ten minutes; break up smooth with fork; add sugar and yolks of eggs and juice of lemon. If preferred, add a sprinkling of minced walnuts. Bake in a moderate oven twenty minutes; make a meringue of the two whites of eggs; add a dessertspoonful of sugar, put neatly on top all over.

“ Force ” Milk Pudding

Half fill a buttered pie-dish with “ Force.” Add a pinch of salt and a dessertspoonful of sugar. Fill up with milk and bake in moderate oven for one hour.

“ Force ” Queen Pudding

1 pt. milk; 2 eggs; strawberry jam; 2 tablespoonfuls castor sugar; $\frac{1}{2}$ oz. butter; 2 cups “ Force”; few chopped almonds.

Pour warmed milk over “ Force”; add well-beaten yolk of the eggs, 1 table-spoonful sugar and the chopped almonds. Pour mixture into a buttered pie-dish and bake in a moderate oven for half an hour. Whip the whites of the eggs until stiff, fold in lightly the remainder of the sugar. Spread a thin layer of jam on the pudding. Pile the meringue on top and brown lightly in a very moderate oven. Serve hot or cold.

“ Force ” Cheese Pudding

Pour 1 pt. of hot milk over three breakfastcupfuls of “ Force ”; add well-beaten egg, a $\frac{1}{4}$ lb. of grated cheese, pepper, salt and a little butter. Mix thoroughly; pour into a buttered pie-dish and bake twenty minutes.

Grape-Nuts

Grape-Nuts is a nourishing and appetising wheat and malted barley food—crisp, sweet and ready to eat with the addition of milk or cream and sugar, according to taste.

Grape-Nuts Pudding

1 pt. milk; 4 tablespoonfuls Grape-Nuts; 2 tablespoonfuls sugar;
3 eggs.

Pour boiling milk over Grape-Nuts and sugar and allow to cool a little and then add yolks of eggs. Beat whites of eggs until thick and then stir all together and bake in moderate oven. If put in oven which is too hot pudding cooks too fast. Serve either hot or cold with stewed fruits and cream.

Grape-Nuts Sultana Cake

10 oz. flour; 2 oz. Grape-Nuts; pinch of salt; $\frac{1}{2}$ teaspoonful baking powder; 8 oz. margarine; 8 oz. sugar; 14 oz. sultanas; 3 eggs; milk to mix.

Sieve the flour, salt and baking powder into a basin. Add the sultanas, previously cleaned and picked. Work the butter and sugar together until they are of a creamy consistency and light in colour. Beat in each egg separately. Fold in the dry ingredients, adding a little milk if required. Pour into a prepared cake tin, put into an oven of 375 degrees Fahr., for the first 30-40 minutes, or until the cake is brown and set, then lower the heat and complete the cooking at a temperature between 340 and 350 degrees Fahr.

Post Toasties

Post Toasties are double-crisp Corn Flakes—ready prepared—that stay crisp in milk or cream, with which they should be served; add sugar according to taste.

Post Toasties Custard

2 cups Post Toasties; 2 cups milk; 3 eggs; $\frac{1}{2}$ cup sugar; pinch of salt;
 $\frac{1}{2}$ cup raisins.

Beat the eggs, add sugar, then milk and salt, and stir in the Post Toasties. Put into a baking dish with a small piece of butter on top, and bake in a moderate oven until set, or about twenty minutes.

Postum

Postum-made-with-milk is a delicious and nourishing beverage made from roasted whole wheat slightly sweetened with sugar cane molasses. Postum-made-with-milk is a fortifying drink for all hot drink occasions. It is extremely easy to prepare. All that is necessary is to bring fresh cold water to the boil, then put a level teaspoonful of Postum in a cup, pour from a quarter to half cup of boiling water on to the Postum crystals, stirring all the time. Postum dissolves instantly. Fill the cup with hot milk and use less sugar than with coffee.

Minute Tapioca

Minute Tapioca is a pure tapioca in its most convenient form in that it is packed in 8-oz. packages, and because it is already partly cooked it requires no soaking. Besides making a deliciously smooth tapioca pudding, Minute Tapioca can be used in a variety of ways. Here are just one or two examples:—

Minute Tapioca Cream Pudding

$\frac{3}{4}$ pt. milk ; 1 oz. Minute Tapioca ; pinch salt ; 1 oz. sugar ; 1 egg ;
1 teaspoonful flavouring.

Put the milk in a saucepan or double boiler, and when boiling sprinkle in the Minute Tapioca. Cook for ten minutes, stirring frequently. Add the sugar and a pinch of salt and continue to cook for another five minutes. Pour a small amount of the mixture over the beaten yolk of egg, stirring vigorously. Return to the pan and cook until the mixture begins to thicken like custard. Fold in the stiffly-beaten white of egg and pour into a glass dish and chill. If preferred, it can be poured over fresh or stewed fruit.

Minute Tapioca Omelet Soufflé

1 oz. Minute Tapioca ; $\frac{1}{2}$ pt. milk ; pepper and salt ; 1 teaspoonful finely chopped parsley ; very little thyme and marjoram ; 2 eggs ; $1\frac{1}{2}$ oz. butter.

Cook the Minute Tapioca in the milk for fifteen minutes, add $\frac{1}{2}$ oz. of the butter, yolk of egg, pepper, salt and chopped herbs and beat well. Then fold in the stiffly-beaten whites of eggs. Melt the oz. of butter in an omelet pan and when hot pour in the egg mixture. Cook lightly, shaking the pan to prevent it sticking. When brown underneath put in a quick oven for a few minutes to brown the top.

Minute Tapioca Apple Amber

4 oz. short crust pastry. $1\frac{1}{2}$ lbs. apples ; rind and juice of 1 lemon ;
1 oz. Minute Tapioca ; $\frac{1}{2}$ pt. milk ; 1 egg ; 2 oz. sugar.

Prepare short crust pastry in the usual way. Roll out thinly and line the sides of a pie-dish. Decorate the top edge with small rounds of pastry cut out with half-inch cutter. Cook the Minute Tapioca for fifteen minutes in the milk. Meanwhile, peel, core and slice the apples and simmer them with the sugar, lemon juice and grated rind and a very little water. When cooked to a thick purée, mash well or rub through a sieve.

Add the apple purée and beaten egg to the cooked tapioca and blend well. Pour into the prepared pie-dish and bake in a moderate oven until the pastry is golden brown.

Kellogg's All-Bran Cake

2 eggs ; 2 cups All-Bran ; 2 cups sweet milk ; 1 cup sugar ; 1 table-
spoonful butter ; 1 cup seeded raisins.

Soak the All-Bran in the milk. Beat eggs and sugar, then add butter, All-Bran and raisins. Bake in a moderate oven twenty minutes until firm. Serve with cream.

Kellogg's All-Bran Bread

1 yeast cake ; 3 tablespoonfuls salt ; $1\frac{1}{2}$ cups brown sugar ; 3 qts. luke-
warm milk ; $\frac{1}{4}$ cup lard ; 4 qts. All-Bran ; 6 qts. sifted bread flour.

Crumble yeast cake into a bowl, add the salt, sugar and milk. Mix until

smooth, add part of flour and the shortening which has been softened. Beat well. Add All-Bran and the remaining flour. Beat thoroughly. Let rise until double in bulk. Knead, let rise again, knead. Shape into loaves, let rise until light. Bake in a moderate oven (400 to 350 degrees Fahr.) for fifty minutes.

Kellogg's Corn Flake Pudding

7 eggs ; $1\frac{1}{2}$ cups sugar ; $\frac{1}{2}$ teaspoonful salt ; 2 qts. milk ; 2 qts. Kellogg's Corn Flakes ; nutmeg.

Beat the eggs, add the sugar, salt and milk. Put Corn Flakes into a baking pan and pour egg mixture over them. Sprinkle with nutmeg. Set pan in hot water and bake in a moderate oven until custard is firm. Whites of eggs may be beaten stiff, sweetened and used for a meringue.

Each of the Manufacturers of Prepared Cereals publishes a book containing a large number of other recipes for the use of milk with their products. Any reader who would like to try these other recipes should write to the Manufacturers for a copy.

Scott's Porage Oats Porridge

Stir 1 cupful Porage Oats into 2 cupfuls cold water, then add 2 cupfuls boiling water. Boil briskly for 5 minutes or more, stirring all the time. A little salt may be added if desired. Serve with milk.

Cream Porridge

1 cupful Scott's Porage Oats ; 2 cupfuls fresh milk ; 2 cupfuls boiling water ; sugar or salt to taste.

Stir a cupful of Porage Oats into 2 cupfuls of fresh milk, then add 2 cupfuls of boiling water. Salt or sugar to taste. Boil briskly for 5 minutes or more, stirring all the time. Serve with cream.

Scott's Porage Oats Milk Pudding

4 oz. Porage Oats ; 3 oz. sugar ; 1 qt. milk ; pinch of salt.

Put into a greased pie-dish, and bake in slow oven for 1 hour or more. A little butter and grated nutmeg may be added, also sultanas, stoned raisins, etc.

Scott's Porage Oats Cream

2 oz. Porage Oats ; 1 qt. milk ; 3 oz. sugar.

Put into a saucepan, and boil slowly for 15 minutes, keeping well stirred ; cool for a little, and then stir in $\frac{1}{2}$ oz. cooked gelatine. Add flavouring or crystallized fruits. Mould when nearly cold. Some whipped cream may be stirred in lightly before moulding. When set, dip in warm water to turn out. Serve with any kind of stewed fruit, if desired.

Scott's Porage Oats Yorkshire Pudding

4 oz. Porage Oats ; 2 eggs ; 1 pt. milk ; 6 oz. pure flour ; teaspoonful of salt.

Beat up the eggs with teaspoonful of salt, then add dry ingredients, and make into thin mixture with milk. Pour into a tin containing about 2 oz. melted dripping. Bake in moderate oven about 30 minutes.

More MILK— *better* HEALTH

DO YOU KNOW

THAT in an experiment carried out by the Medical Research Council on behalf of the Government, school boys who had one pint of milk a day showed an average annual increase in weight of over 3 lbs. and an average annual increase in height of over $\frac{3}{4}$ of an inch compared with those who did not have the extra milk.

THAT in an experiment carried out by the Scottish Board of Health school children receiving additional milk made similar gains in weight and in height in comparison with those who did not have milk,

and

THAT in an experiment just concluded in Scotland 10,000 children who received milk showed that the addition of milk to the diet of school children caused a very definite increase in the rate of growth both in weight and height. You cannot have better evidence of the value of milk than this.

MOTHERS! ARE YOU GIVING YOUR CHILDREN THE CHANCE OF GROWING HEALTHY AND STRONG BY ALLOWING THEM MILK EVERY DAY? THEY CAN HAVE MILK IN SCHOOL EACH DAY. Ask the teacher to supply it.